READ THIS FIRST

International Bujinkan Dojo Association

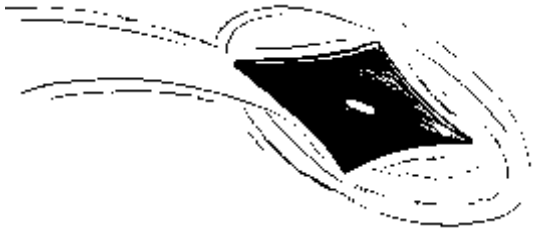
Doshi Richard and Linda Van Donk

WELCOME YOU TO THE IBDA NINJUTSU "Art of the Ninja" BLACKBELT SHODAN TRAINING COURSE

We're very excited that you're going to start training in Ninjutsu and we know that you will be happy with your choice to start training with us! We offer you the most concise and comprehensive training materials available anywhere.

Our goal is to take you all the way to Black Belt in Ninpo Taijutsu - *and Beyond!!* We hope that you love it so much that you become a teacher, a *"Shidoshi,"* in the warrior enlightenment ways.

LET'S GET STARTED!



Thank you for journeying on the "Warrior Ways of Enlightenment" path with us at IBDA. You have chosen well.

A lot of years of study went into providing you these teachings.

What is now IBDA was first started as the American Bujinkan Dojo™ in 1985 by Doshi Richard Van Donk with the help of Grandmaster Masaaki Hatsumi for the purpose of spreading the inherited Nine Martial Arts Traditions to people who are seeking more spiritual growth and physical balance in their lives. Grandmaster Hatsumi granted Doshi Van Donk full authority to promote the Bujinkan Ninjutsu Tradition in America with the goal to help spread unity and peace throughout the world.

Our primary goal has always been to make educational materials available to those with a sincere desire to learn this once secret art. This ***Ninjutsu – Ninpo Taijutsu SHODAN BlackBelt Course*** teaches the art as it was taught in Japan by Grandmaster Hatsumi to Richard. Some 50 trips to Japan have been made, going directly to the source in order to gather information on a direct basis and pass it on to you. American Bujinkan Dojo quickly grew into International Bujinkan Dojo Association (AKA IBDA), with students worldwide in 100 countries.

Hatsumi-Sensei *(now retired from teaching)* has been instrumental in changing the way people view martial arts. His dynamic and innovative movement and warm, loving heart move all who have the great fortune to meet and train with him. Doshi Richard Van Donk was blessed by being chosen as a personal student by Hatsumi-sensei and has received personal training by Soke as well as many other Japanese Shihan instructors. Richard was one of the very first to be awarded the rank of 15th degree Black Belt from Soke Hatsumi and the rare award of "Shin Gi Tai Ichi".

During the last near 40 years Doshi Richard Van Donk has compiled and organized a vast amount of information on this once secret art to share with his students in the form of Courses for each level of grading. We offer exciting seminars on Martial Arts and Self Enlightenment. We hold our 3 day training Tai Kais yearly, usually in the spring. This very comprehensive 9th kyu to Shodan, ***Ninjutsu- Ninpo Taijutsu Black Belt Course*** on ten dvds through which you can actually test and receive official ranking up to black belt *(The black belt test itself is only done in person -all others can be done by video testing).* This is ideal for those students who are unable to attend regular training at a Dojo school due to cost, location or just no dojo near them. It is also for those who want to progress at a faster pace by additional practice at home.

Take Charge of Your Own Training. Train when you want to and at the pace that is best for you. Check out the very Comprehensive University Level Bujinkan Masters Course in the Physical Binder Form or the Complete Online version or both. This will accelerate your training. We have study materials from Beginner to Master to Shihan level…. Offering a lifetime of study, for even the most dedicated student. Learning from the transition of Sokeships of various schools as Hatsumi-Sensei retired passing the schools. IBDA is directed by Doshi and an elite IBDA Master Council that will continue IBDA way past the direction of Doshi Richard Van Donk. You are now a part of a lasting lineage.

10 Steps to Success

with your IBDA Ninjutsu BlackBelt Training Course

A wonderful new life journey is in front of you. You will love this course, especially if you train seriously with it. Dedicating yourself to the teachings will change your life – it will improve your coordination, get you thinking about new ways of handling conflict, and increase your awareness in everyday situations. We are very happy to have you training with us and look forward to helping you achieve your black belt *(and beyond)* in Ninpo Taijutsu.

Follow these 10 steps to start your training:

1. **Review and read through this entire IBDA Shodan No Maki Study Manual** so that you will get an understanding of the curriculum covered in the Ninjutsu / Ninpo Taijutsu Shodan Course that you now have in your possession.

2. **Start with 9th kyu in training and review the others so you can see what the entire training entails.** The 9th kyu is very basic information so you might want to check out the higher levels to get a better idea of what you'll be doing. But even if it seems easy to you, drill the basics because they are your foundation for the rest of the art. Study whatever you want but test in progression starting at 9th kyu, then 8th kyu, etc. to Shodan. This course was designed to be learned in this progression in a way that each lesson builds on the previous one.

3. **Set up a regular training schedule** and stick to it - practice as often as you can even if you only do a little every day. Keep Going!

4. **Get a Training Partner** (we refer to them as a buddy**)** so you can keep each other motivated. Having a steady training partner really helps you to keep up your training.

5. **Again, Remember that when practicing you need to drill the basics**, **even if they seem easy,** as they become a foundation for all the rest of the training. The better the basics are learned the faster and easier the course will be for you to learn.

6. **Listen to the Japanese Pronunciation Audio CD until you can say the terms correctly.** If you say Camay (like the soap) instead of Kamae on your test we'll know you're not paying attention!

7. **Have fun while you practice!** Keep drilling until you've got it down but if you get tired of drilling the same material and want to mix it up once in a while it's ok to practice whatever you want from any level of the Course and have some fun – just make sure that you also keep drilling the material you need to learn for the kyu level you're working on.

8. **Test regularly about every 3 months.** Mark 3 months from now on your calendar to unprofessionally film your 9th kyu test. Do it then, even if you think the material looks easy. We want to see a good Ichimonji and that may mean your thigh muscles burn until you get used to doing it properly. And make sure that you check out the common mistakes page before testing. And do it regularly!!

9. Join IBDA Membership to get your ID Card/Certificate which gives you ability to rank test with us plus much more. **www.BushindoUniversity.com - Join Facebook Ninjutsu-BudoTaijutsu Online study group.** Post your training questions here and you will get the answers. Get involved. Share your learning tips with others on the same path. *Details follow below.*

10. ***"Always have the courage to live what you love and to love what you live"*** *Richard Van Donk*

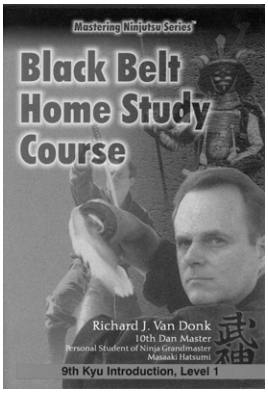
And above all else "**Keep Going!**" as Soke Hatsumi loves to say.

Again, Understand that this course is very progressive in nature. It is designed in such a way that both beginners and advanced students will benefit from it. Each step builds upon the previous one so be sure to get the basics down well. Drill those foundational basics.

Throughout the material up to Shodan level we teach you the Ninjutsu teachings as they were taught to Doshi Richard Van Donk in Japan by Soke Hatsumi. It is rare in these days to actually learn the Ninpo Taijutsu / Ninjutsu that is offered in this course.

Learning this in-depth material will give you an overview of the Ninjutsu body movements, stances, defenses, throws, and weapons, plus, much, much, more. This knowledge will prepare you for the Budo Taijutsu dan level training material (after you reach your black belt) where you will learn the individual wazas of the 9 ryus (schools). We have you covered there with additional training material. A lifetime of knowledge follows. **Enjoy the Training!**

SOME THOUGHTS and TRAINING TIPS



A Note on the 9TH KYU DVD….. There is a short period of about 5 minutes in the 9th kyu DVD where the sound is muffled and you will have to turn the volume up. We have done our best to correct this but cannot get it any higher than it is. Even so, you should have no difficulty in easily following what is being shown. This is the only place where there is any sound impairment - the other DVDs are fine. You will not be on 9th kyu long. Good Luck with your training -we look forward to helping you to achieve your goals!

Remember, practice does not make perfect-
Only *perfect* practice makes perfect!
Learn as if you are going to teach it one day!!

Common mistakes we find on tests

Use these tips to better self-correct your training before you send in your test. We know that the first time you test can be challenging in front of a camera. Do not worry about that as we expect it.

9th Kyu - Rushing too quickly through the material, jumping around being ungrounded – instead take a posture and hold it. We don't want to see Ninjutsu done karate style – this art is a whole other feeling.
8th Kyu - Bobbing up and down while punching or doing san shin no kata – instead keep your head at one level.
7th Kyu - Choppy movement. Instead of stopping and starting your motions should flow from one to another. Use your feet more.
6th Kyu – Still using too much muscle and power to get it done. By now you should be using good timing, distancing and angling instead.
5th Kyu – Kihon happo not solid - We want to see you stay centered & solid in your Kihon Happo
4th Kyu – Same old 1-2 punch kick - instead do 3, 4 or more actions in a row.
3rd Kyu - Are you leading with your head instead of the weapon first?
2nd Kyu - Not getting in close enough and not planning ahead -start thinking moves ahead to set up your attacker – get closer inside
1st Kyu – Not paying attention to what else is possible to do varied kinds of moves.

Shodan – To prepare for your test do a complete overview of 9th kyu up to Shodan and be ready to share any technique if asked. Practice knife disarms with a partner who does their best to be somewhat realistic and not give up the blade too easily while at the same time always being mindful not to seriously hurt each other in the process. This is a test of perseverance and a rite of passage into BlackBelt.

GET A BUDDY TO TRAIN WITH YOU!

Learn and Excel together with a friend.

Education is first with us. We want our students to get a first class education and to encourage their friends and family to do the same.

Almost everything we do in life is better when we can share it with a friend. Ninjutsu is a fabulous path to share with a buddy. Having a friend to train with inspires you to keep on going and you get inspired by watching your friend's life changes as they study this art with you through the ***Ninjutsu Black Belt SHODAN Course***.

Acting as a team you can learn the techniques more effectively and encourage each other to try new things that you might not attempt on your own. We have consistently found that our students who team up with a partner(s) have progressed much faster than those without one - many at over double the normal rate of learning! Students with training partners also stay in the training longer and rank higher that those who do not get a buddy to train with.

Get a Buddy- have them get their <u>own</u> course and study together. Over the last 35+ years of pioneering and offering distance learning courses (*now all the top universities in the world offer distance learning*) we have found that it is best to treat this course like other universities and have students get their own materials as each person has their own books to write in, DVD's do not get lost to one person when they move (often not the one who paid ☹) and both can be studying the same material miles away at the same time. Some buddies even use Skype to share techniques and ideas that they have learned while practicing them.

Again, Get a Buddy or better yet get a small group together and really get into the arts.

Buddy Plan For Family Members

Your spouse or children <u>living</u> in the same house can train with your Ninjutsu Shodan BlackBelt Course as your buddy and test with us at IBDA.

1. All testing family members must be listed as a buddy, fill out the IBDA membership application/with photo and become an IBDA member before testing.
2. When testing for rank each person's IBDA membership must be current and a separate testing & certification fee will be paid for each member, as upon rank advancement they will be issued a personal IBDA rank certificate.

IBDA MEMBERSHIP

WE HIGHLY URGE YOU TO BECOME AN OFFICAL MEMBER IN THE INTERNATIONAL BUJINKAN DOJO ASSOCIATION, YOUR SOURCE FOR **AUTHENTIC NINJUTSU / NINPO TAIJUTSU** AS IT WAS ONCE TAUGHT IN JAPAN BY HATSUMI- SENSEI AND NOW USEFUL IN THIS TIME.

You will have joined an elite organization dedicated to bringing you quality information and training materials so that you too can learn this once secret art as taught by Grandmaster Masaaki Hatsumi, Soke of the Nine Bujinkan Martial Arts Traditions. No other organization in the world offers more quality information and studies to the general public in the art of Bujinkan Ninjutsu than we do.

INTERNATIONAL
BUJINKAN DOJO
MEMBERSHIP
This card hereby certifies that the bearer is a recognized member in good standing of the Bujinkan under the direction of Soke Masaaki Hatsumi.
RICHARD VAN DONK
DAISHIHAN - IBDA DIRECTOR
MEMBERSHIP PERIOD
2020
INTERNATIONAL BUJINKAN DOJO ASSOCIATION

To help you on your path to heightened enlightenment and balance in all you do in life I have compiled and organized a vast amount of information that will help you to achieve your goals and live your life more effectively. If your goal is to earn the rank of Black Belt from IBDA you will know that when you pass that test you will be able to wear your belt proudly. You will be able to look back at your growth and know that you truly earned it.

Many new and exciting things are taking place with us. We are constantly adding many membership-only benefits to our website portal. We hope your association with us brings you everything you hoped it would - and even more! **JOIN HERE** https://www.bushindouniversity.com/

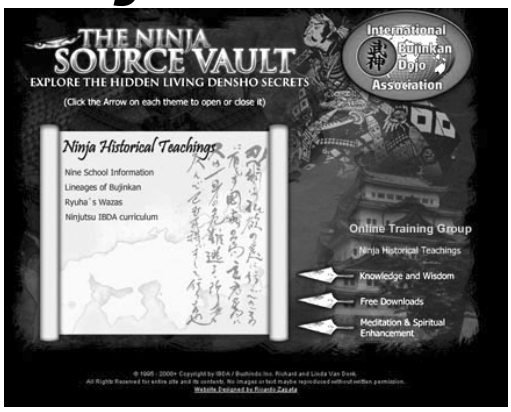
Being An IBDA Member

IBDA Membership entitles you to an Official **Bujinkan ID Card**, **Membership Certificate** suitable for framing, an **IBDA uniform patch** for your left shoulder sleeve or jacket, and **access to the Member's only Portal that includes The Ninja Vault.** You also have the opportunity for **belt ranking** and video review testing up to 1st kyu, The annual IBDA Membership fee is currently only $40 and helps give us the support we need to help grow the art and teachings so we can all continue to learn this once secret art of Ninjutsu. Through Ninpo Taijutsu we are seeking our own personal enlightenment through a self-protection system that provides the balance of a flexible body, free mind and open heart.

Once you join, you will receive the login and password codes by email for the member's only access. If you do not have an email account yet then get one so that you will be able to use these valuable training sections.

YOU CAN EASILY JOIN HERE https://www.bushindouniversity.com/

Membership Bonus -
Ninja Source Vault



IBDA Members as a special bonus for you we are giving you access to our online Ninja Vault. Here you will find Ninjutsu information, Free downloads, Video Clips, Historical Teachings, Meditation, Ranking forms, Wallpapers and much, much more. All FREE with your Membership.

~ CHECK THIS OUT!! ~

Experience Online Training 24hrs a day!

www.NinjaDojo.com

More Courses Online at
www.BushindoUniversity.com

Join Our IBDA NINJUTSU - BUDO TAIJUTSU GROUP

https://www.facebook.com/groups/1498955721720469/

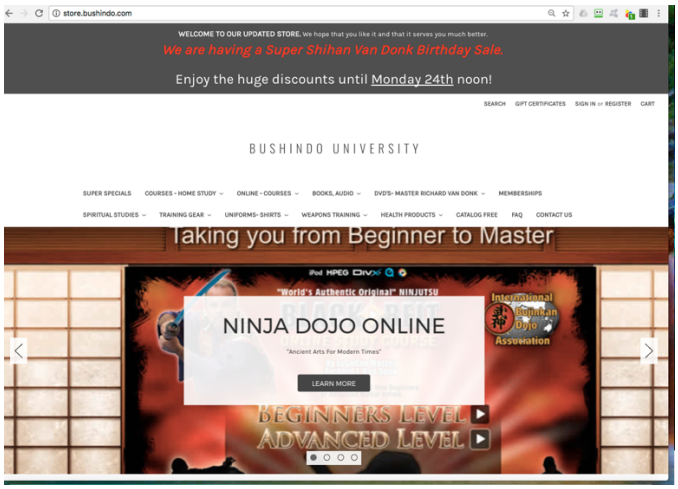
Here we have near 10,000 members and literally thousands of posts on most every Bujinkan subject. Stay current, meet new friends, find dojo training near you, get history lessons, and ask your training questions. Make sure that take advantage of the several thousand previous posts by using the search feature, this is an invaluable tool.
Say Hi, when you get there!

Go here for 100 Free videos.

https://www.youtube.com/user/ninjutsucom/videos

Store.Bushindo.com

Go here for all your training and study materials.


store.bushindo.com
WELCOME TO OUR UPDATED STORE. We hope that you like it and that it serves you much better.
We are having a Super Shihan Van Donk Birthday Sale.
Enjoy the huge discounts until Monday 24th noon!
BUSHINDO UNIVERSITY
Taking you from Beginner to Master
"World's Authentic Original" NINJUTSU
NINJA DOJO ONLINE
"Ancient Arts For Modern Times"
LEARN MORE
BEGINNERS LEVEL
ADVANCED LEVEL

Bushindo Martial Arts University

NINJUTSU TESTING PROGRAM

STUDENT ENROLLMENT APPLICATION

For office use only Enrollment Date: _____ App Rec'd _____
„ BB Set „ $125 Registration „ Buddy Plan „ Family „ Affiliate Dojo „ Pmt Plan (3)

PROGRAM: BB SET – NMC - FAMILY - Affiliate Dojo

NAME: **[If applies] Buddy's name or Instructor's Name**

ADDRESS :

CITY : STATE/ PROVINCE: COUNTRY: ZIP or POSTAL CODE :

E-MAIL: HOME TEL: ( ) - WORK TEL: ( ) -

BIRTHDATE - MO : DAY: YR : AGE : SEX: M z F z HEIGHT : WEIGHT:

☐ SINGLE ☐ MARRIED OCCUPATION :

DO YOU HAVE ANY PHYSICAL OR EMOTIONAL IMPAIRMENTS? ☐ **YES** ☐ **NO**
IF YES, PLEASE DESCRIBE IN DETAIL ON BACK

HAVE YOU EVER BEEN TREATED FOR AN EMOTIONAL OR PSYCHOLOGICAL DISORDER? ☐ **YES** ☐ **NO**
IF YES, PLEASE DESCRIBE IN DETAIL ON BACK

HAVE YOU EVER BEEN CONVICTED OF A FELONY CRIME OR SERVED JAIL TIME IN THE LAST 10 YEARS? ☐ **YES** ☐ **NO**
IF YES PLEASE EXPLAIN ON BACK

HIGHEST LEVEL OF EDUCATION COMPLETED: MAJOR STUDIES:

MARTIAL ARTS EXPERIENCE AND RANKS HELD- **if Ninjutsu write teacher's name & location - Use back if necessary.**

WHAT DO YOU WANT TO LEARN FROM STUDYING NINJUTSU?

DO YOU WANT YOUR NAME AND TEL # GIVEN OUT TO OTHER MEMBERS IN YOUR AREA WHO NEEDS SOMEONE TO TRAIN WITH? ☐ **YES** ☐ **NO**

HOW DID YOU FIND OUT ABOUT OUR TRAINING ORGANIZATION? ☐ MAGAZINE (Please write in name) ☐ WEB ☐ OTHER (Please List):

LIST TWO REFERENCES (NAME, ADDRESS, PHONE AND RELATIONSHIP) :
1)

2)

I certify the above enrollment information is true and correct and will be kept confidential by BUSHINDO & IBDA.

SIGNATURE : **DATE :**

BUSHINDO UNIVERSITY/IBDA™ | P.O. BOX 296 | Middletown, CA. 95461

All testing students MUST complete and return this Enrollment form.

BUSHINDO™ STUDENT REGISTRATION FORM

$125- value Non-transferable

Welcome to our BlackBelt Home Study Course in Ninjutsu.

You are about to embark on a life changing journey of self discovery. Those who wish to become International Bujinkan Dojo Association™ students and do their rank testing with us must register with Bushindo University™.

This Registration Form can only be activated (Non-transferable) by the person who purchased this course directly from us, or by paying the $125 registration fee. Registering as a distance learning student will enable you to rank test with us by video up to 1st kyu. Your Shodan test will be in person.

Never give up on your dreams!

Three easy registration steps-

1. Fill out the attached membership application.
2. Get a passport photo taken of you.
3. Mail this Registration Page, with your membership application and your passport photo to Bushindo University™ at the address below.

Name_____ **Customer#**_____
(for office use only)

Bushindo University

P. O. Box 296 Middletown, CA 95461 * 707-9870-9322

REQUIRED FOR RANK TESTING!!

CONTACTING US IS EASY!

Bushindo University

P. O. Box 296 Middletown, CA 95461
Call or Text: 707-987-9322
E-mail: info@Bushindo.com

Visit our web pages at
www.Ninjutsu.com
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www.Bushindo.com

"Personal Mastery Through Martial Arts"

ONLINE TRAINING

www.NinjaDojo.com
www.BushindoUniversity.com

INTERNATIONAL DIRECTORS

Doshi Richard Van Donk **Head of IBDA family**
Shihan Linda Van Donk **Judan 5th Level**

Personal Students of ***Grandmaster Masaaki Hatsumi***

WORLD WIDE AFFILIATED IBDA DOJOS

UNITED STATES - CANADA – SOUTH AMERICA- EUROPE - MIDDLE EAST – ASIA

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"We Bring Ninjutsu To Your Door"